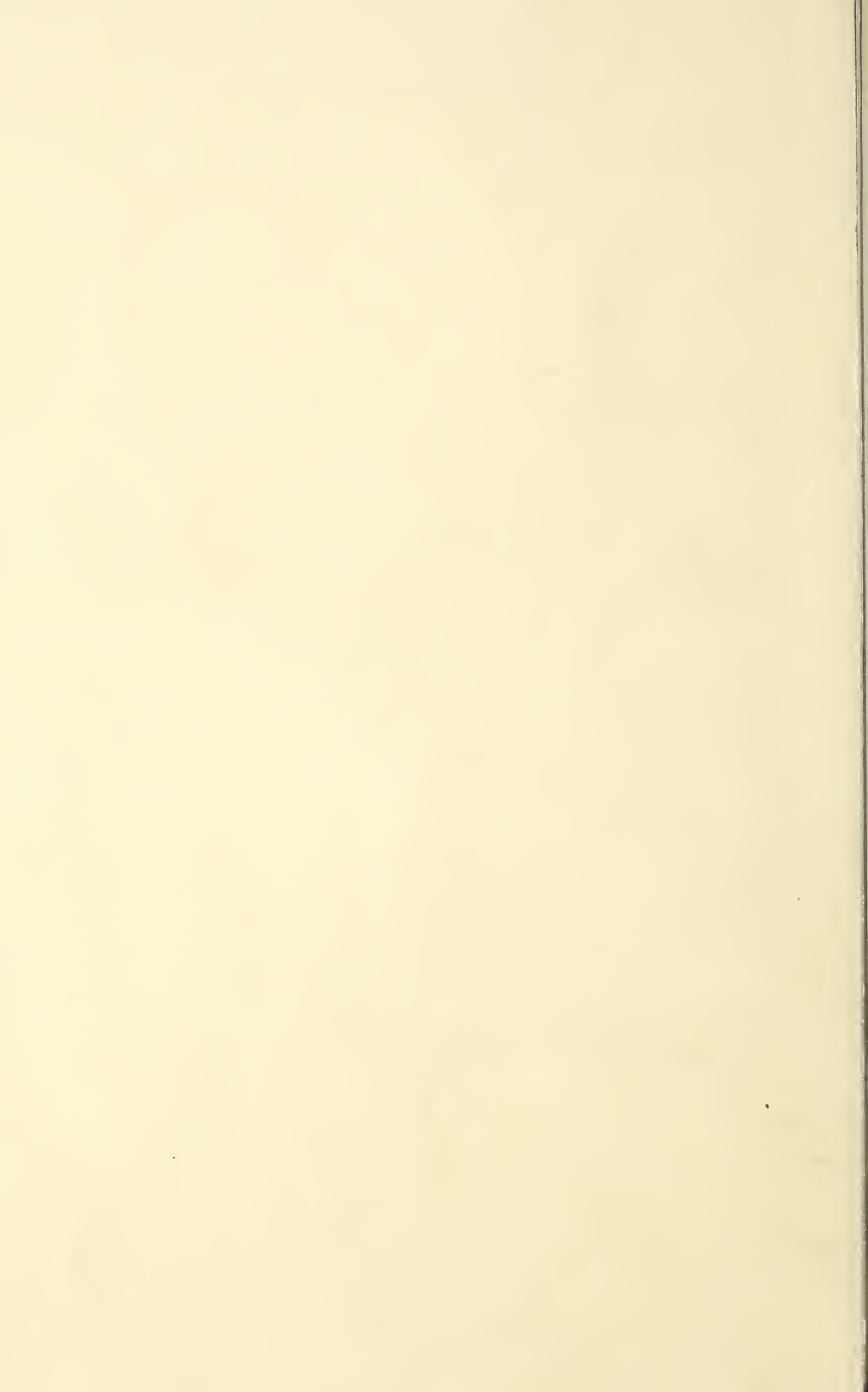


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UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF THE SECRETARY—Circular No. 113

USE SOY-BEAN FLOUR TO SAVE WHEAT, MEAT, AND FAT



Contribution from
THE STATES RELATIONS SERVICE
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WASHINGTON, MAY 2, 1918

SOY BEANS have been used and liked in the United States for many years in those regions where they have been grown, and more recently have been used by canners to some extent for general trade. The war situation, with its need for finding new foods and new uses for old foods, has fixed attention on this food crop to such an extent that the name soy bean has now become fairly familiar.

The soy bean, which is well known in the Orient as a valuable food staple, is unlike common legumes, in that it contains much oil and no starch. Oil is obtained by pressing it out of the beans. This leaves a press cake, which still contains some oil and all the rest of the food material originally present in the beans. The cake is readily ground into flour, which is of high food value and can be used in many ways in cooking. It has been on the market to some extent for a long time and used for special purposes. It is now becoming a common foodstuff, one which is well worth knowing and using.

Experiments with the soy-bean flour in the experimental kitchen of the Office of Home Economics show that palatable dishes can be made using this as one of the ingredients. Some of these tested recipes are given in this circular.

USE SOY-BEAN FLOUR TO SAVE WHEAT, MEAT, AND FAT.

SOY-BEAN FLOUR, which is made by grinding the press cake remaining after the oil has been removed from the bean, can be used in practically all of the ways suggested for other wheat-flour substitutes. In using it the housekeeper should remember that it is rich in protein and fat and should be combined with starchy substances like rice, potatoes, or corn flour. The use of this flour, as suggested in most of the recipes which follow, saves the wheat which would normally be used. Because it contains considerable fat, no added fat is needed in the following recipes:

HOT OR QUICK BREADS.

In our efforts to save wheat, it will be necessary to make greater use of quick or hot breads. Some of these are given here, using soy-bean flour. Since this flour contains much fat it will improve the biscuit or muffin if no other fat is added. We have been asked to save fat as well as wheat.

BISCUITS.

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| 1 cup soy-bean flour. | 4 teaspoons baking powder. |
| 1 cup wheat flour. | $\frac{1}{2}$ teaspoon salt. |
| | $\frac{1}{2}$ to $\frac{2}{3}$ cup water. |

Bake 15 minutes.

Biscuits made with any wheat-flour substitutes are better if rolled slightly thicker than the dainty kind you used to make.

MUFFINS.

Very good muffins can be made by using half soy-bean flour and the rest either mashed potatoes, corn flour, cooked rice, or potato flour. If a dry ingredient like corn flour or potato flour is used, more liquid is needed than is the case with mashed potatoes and cooked rice.

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| 1 cup soy-bean flour. | 4 teaspoons baking powder. |
| 1 cup corn, rice, or potato flour. | 2 tablespoons corn sirup. |
| $1\frac{1}{2}$ cups liquid. | 1 teaspoon salt. |
| 1 egg. | |

Or—

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|---------------------------------------|----------------------------|
| 1 cup soy-bean flour. | 1 egg. |
| 1 cup mashed potatoes or cooked rice. | 4 teaspoons baking powder. |
| 1 cup liquid. | 2 tablespoons corn sirup. |
| | 1 teaspoon salt. |

These muffins should cook slowly in a moderate oven for 30 minutes. All soy-bean breads brown more quickly than other hot breads.

GRIDDLE CAKES.

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| 1 cup soy-bean flour. | 4 teaspoons baking powder. |
| 1 cup corn flour. | 1 teaspoon salt. |
| 3 cups liquid. | 2 eggs. |

YEAST BREAD.

Make a Victory bread by substituting soy-bean flour for one-fourth of the wheat flour in your own bread recipe. This will give you a bread of good texture, light brown interior, and a dark brown crust. Like all other war breads, this should cook more slowly and for a longer time than the wheat-flour bread.

SOY-BEAN FLOUR AS MEAT SUBSTITUTE.

Since this flour is rich in protein it can replace a portion of the meat and thus serve as a "meat saver." When soy-bean flour is made into a mush it can be used as a meat substitute in a variety of ways.

SOY-BEAN MUSH.

1 cup soy-bean flour.	1 teaspoon salt.
	3 cups water.

Cook in a covered double boiler for two hours. When cold it can be sliced, rolled in corn flour, and fried in drippings. Or, it can be used warm or cold in making croquettes. As we want to save fat, war croquettes are not fried in deep fat but are baked in the oven.

CROQUETTES.

1 cup soy-bean mush.	1 teaspoon grated onion.
1 cup cooked rice.	$\frac{1}{4}$ teaspoon pepper.
1 egg.	2 tablespoons chopped salt pork.
	1 teaspoon salt.

Shape into croquettes, roll in egg and corn meal or corn flour, and bake in the oven.

SOY-BEAN MEAT LOAF.

This recipe is a good way to use left-over scraps of meat or small quantities of fresh meat. It can be baked as a loaf or shaped into small cakes and fried in drippings.

1 cup chopped meat.	2 tablespoons chopped onion.
1 cup soy-bean mush.	1 tablespoon dried celery leaves.
2 cups mashed potatoes.	2 teaspoons salt.

Bake one-half hour.

SOY-BEAN OMELET.

The use of eggs is recommended as one way of saving meat. The advantage of this recipe is that a larger and more nutritious omelet is made by the use of soy-bean flour and rice. This makes two eggs serve more people than when made into an omelet by themselves. The addition of these two substances keeps the omelet from "falling" and we should do everything we can to avoid waste of food through failures.

2 eggs.	3 tablespoons soy bean mush.
2 tablespoons milk.	2 tablespoons cooked rice.
	$\frac{1}{4}$ teaspoon salt.

These meat-saving dishes can be varied by serving with a tomato sauce.

